

Courage • Drive • Discovery • Integrity

www.raleighinternational.org

CONNECTIONS

Raleigh International Alumni Magazine

Spring/Summer 2012



Wildlife photo special

The Sue Flood story

Changing lives

Paul Oginsky on the hero's journey

Thirsty work

Spotlight on water projects

Plus

- Africa Calling
- 10 things you can do right now

Raleigh **Raleigh**
International

Raleigh International

Over 35,000 people have been on a Raleigh International expedition, joining complete strangers from all walks of life to trek, build, swim, sail, camp, conserve, share and discover their way around the world. Our Alumni return with a new sense of life-purpose and belonging, part of a global community of people who want to do something extraordinary with their lives.

Raleigh is not just an expedition; it's a multicultural team of active global citizens working together to change the world. After you've hung up your rucksack, there are reunions, societies, newsletters, events, training and talks to keep you connected. You can volunteer, teach, discuss, mentor, fundraise and learn. Whether you've just returned from expedition or you set sail with Operation Drake thirty years ago, the Alumni programme is a network of friends and resources to help you continue



Sue Flood,
Australia 7A
Wildlife photographer,
author & filmmaker
"Camping on sea ice
for two months with no
shower or loo, the skills
I learned on Raleigh
saved me!"
Page 05



Jim Clements,
Ghana 03G, 03J,
04G, Chile 02H
Head of Programme
Development, Raleigh
"Setting up our new
Fieldbase in Tanzania will
be an amazing new
challenge - I can't wait to
greet the first expedition
teams in early 2013."
Page 03



Tom Leggat,
India 11E
Student
"Raleigh made me
independent; I feel so
much more confident
and positive about
options in my life."
Page 10



Paul Oginsky,
New Zealand 8B
Youth Policy Advisor
"Raleigh gave me a
sense of my place in the
world - it helped me to
understand that I belonged
to something bigger than
just Liverpool."
Page 09



Gemma Armes,
Costa Rica 09L
Global Ambassador
"I wanted to share
my experience of
Raleigh with others and
encourage people to
take part."
Page 14



Garrison Lu Feng,
China 98G
Founder, Raleigh
China society
"My expedition
inspired me to help
make a real difference
in the lives of young
people from China."
Page 04



Michael Maxwell,
Ghana 99F
Founder, Raleigh
Ghana society
"Engaging young people
is so important for our
communities - that's
why I'll be talking about
Raleigh Ghana at the
Alumni Conference in
May 2012."
Page 04



Petra Barnby,
Chile 01A
Teacher and Writer
"Raleigh was about
meeting the same kind of
people - sharing a love
of exploring the world
and opening up to new
experiences together."
Page 13

Stay connected

WEBSITE www.raleighinternational.org/raleigh-alumni
BLOG www.raleighalumni.blogspot.co.uk
TWITTER @Raleigh_
FACEBOOK www.facebook.com/raleighinternational
LINKEDIN Raleigh International/Operation Raleigh Alumni Group
EMAIL alumni@raleighinternational.org



Raleigh International is a youth and sustainable development charity. It runs expeditions for people from a wide range of backgrounds, nationalities and life stages. Raleigh's aim is to develop young people with leadership skills, resilience and values while enabling them to contribute to the sustainable development of marginalised communities. It supports participants to be active global

citizens and make a difference on their return. Since Raleigh was established in 1984, the charity has supported more than 35,000 people from around the world through its expeditions. Raleigh International Trust is a registered charity no. 1047653 (England and Wales) and no. SCO40023 (Scotland) and a company limited by guarantee registration no. 3059479.

We've moved!

Our new offices are:
Prince Consort House
27-29 Albert Embankment
London SE1 7TJ

General enquiries
+44 (0) 20 7183 1270
info@raleighinternational.org

This issue:
Cover image: Polly Baldwin
All images © Raleigh International
unless otherwise stated
Editor: Sarah Elliott
Design: Deadline Creative
Printing: Calderstone

This magazine is printed on 50%
recycled paper and is PEFC certified.
Please recycle this magazine



Jobs, Internships & Work Experience
For details please go to:
www.raleighinternational.org/work-for-raleigh



The Fourth Challenge

Here at Raleigh International we love statistics. Did you know that 35,000 people have been on a Raleigh expedition? Since our operations began, our volunteers have provided 5,000 years of manpower to projects around the world and improved millions of lives – including their own.

Each volunteer has experienced the pain, pleasure and transformational change that expedition life provides, just like Paul Oginsky who tells his story on page nine.

But Raleigh is more than just an expedition: hailing from 94 different countries, our Alumni represent a global community who continue to question and campaign long after the wash-up parties and fond farewells.

This magazine, along with our Alumni programme and our Global Alliance for Youth, is our chance to celebrate these ongoing achievements – you'll find these pages packed with inspiring stories of action and change, from shaping government policy to street parties, breathtaking wildlife documentaries to founding charities. As Alumni, you are part of an international network which includes experts and enthusiasts from every sector, a vast powerhouse of ideas and inspiration to help you fulfill the fourth challenge on your Raleigh journey.

We need to find ways of helping you to tap into that resource. We want to work with you to help spread the word and facilitate changes that give our world a better, brighter future. Whet your appetite on page 14 with 10 ideas you can try today to help us grow our global community. Together, we can continue to make that difference.

Stacey Adams
Stacey Adams
Chief Executive Officer

Contents

03

Global gameplan

Saving seahorses, mini-medics, homegrown veg and tribal hospitals; updates from Raleigh's projects around the world

05

Shooting star

Camera queen Sue Flood on teamwork, toilets and how to bag the best shots

07

Number crunching

Alumni achievements in facts and figures

08

Your stories

Found a charity, throw a street party or dig out your rucksack for another expedition – words and pictures from our top Alumni adventurers

09

People power

Paul Oginsky on getting shipwrecked with Simon Weston and programmes to empower young people

11

Project spotlight

Safe Water: what you need-to-know about H₂O

14

Your community

10 things to do today plus Raleigh-tionships

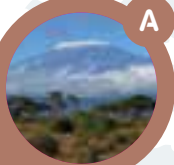
Subscribe

Don't miss out: register for alumni updates at

www.raleighinternational.org/alumni-contact-details

Updates from the field

Tanzania



Team Tanzania will be tuning radios for the first time this summer as the team sets up our new Raleigh Fieldbase. Bringing with him a wealth of experience from his days as Country Director in Ghana, Namibia and Borneo, Jim Clements is packing his bags to start this new adventure. "I'm thrilled to be heading up Raleigh's return to Africa and look forward to welcoming our first expedition teams in 2013." One of our key priorities for 2012 is to build links with communities on the ground to source projects that will make a real impact. And back in the UK we'll be fundraising hard to make this a reality!

Borneo



Since starting work in Borneo eight years ago, our Kota Kinabalu Fieldbase has worked tirelessly to protect and preserve the wildlife and habitats of this green haven. This year has already seen the discovery of a new species of frog during biodiversity monitoring projects and the team are putting the finishing touches to their Sun Bear Conservation Centre which opens in May 2012. They have also launched a testing new trek which traces the ancient Salt Route from the Crocker Mountains to the west coast of Sabah. The team have also just finished a kindergarten using funds raised by Alumni who took on the Three Peaks Challenge in 2011.

India



Bio-gas and eco-sanitation are big on the agenda for Raleigh India this year, alongside tropical treks through the Western Ghat mountains and elephant conservation projects which help protect both animal and community alike. At the opposite end of the scale, a "Mini Medics" programme is changing lives in Jayapura, a rural community close to the Mysore Fieldbase. Working in schools, local children from each class are recruited as health & hygiene ambassadors. Armed with Raleigh 'clean-up kits', these mini medic teams are empowered to teach their classmates basic but effective techniques such as hand-washing to help make their schools and homes a cleaner, safer environment. Turn to page 11 to find out about the success of their safe water and sanitation programmes in 2011.

Costa Rica & Nicaragua



Since 1985 our Central American Fieldbase has hosted a whopping 4115 volunteers and looks set to break the 5,000 mark in 2013. The team are also opening a new Fieldbase in Nicaragua this summer to support the growing programme of projects in isolated farming communities in northern Nicaragua. These projects, such as the construction of eco-latrines and gravity-fed water systems, involve homestays within the community and a chance to integrate into village life. The team have also been busy reconstructing homes destroyed by recent tropical storms, building schools in indigenous reserves, undertaking lung-popping treks through the pristine jungles of the Corcovado peninsula and turtle conservation in the national parks of the Pacific Coast.

Raleigh societies

All around the world, there's a vibrant community of Alumni who have started their own Raleigh societies. From organising mini-expeditions to supporting local community initiatives, these societies play a vital role in continuing the Raleigh values post-expedition.

We have recently created 'The Raleigh Global Alliance for Youth' uniting all these societies and other youth development organisations who work closely with Raleigh in one framework to share ideas and information.

Want to start your own or update us on your society? Email us at alumni@raleighinternational.org

Alumni Conference

On Saturday 12 May 2012, Raleigh International is hosting the first International Alumni Conference at Mary Ward House, London.

Bringing together over 200 alumni from around the world to share ideas and celebrate change, speakers include government advisor Paul Oginsky (featured on page nine), Raleigh's founder Colonel John Blashford-Snell, Country Directors old and new, plus representatives from our international societies.

Visit the alumni blog raleighalumni.blogspot.com for a full round-up of the day.



Nicaragua



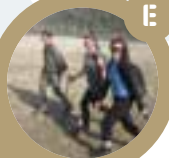
New in town, the Raleigh Nicaragua society was only formed in 2011 but Alumni have already been busy volunteering at the International Music Festival in Achuapa. Not only was it a great party but it boosted cohesion in the community and helped to strengthen local ties.

China



The Raleigh China society was founded in 2008 by Garrison Lu Feng, who had his first taste of Raleigh on expedition in 1998. The society run their own expeditions for members within China as well as helping young people from China join Raleigh's international expeditions.

UK



Over the last three years our Global Ambassador programme offered training on campaigning and communication which helped 191 UK Alumni raise awareness about international development and inspire positive change in their local communities. Raleigh's UK Alumni also got together for a fundraising trek of 50KM along the vertiginous Jurassic Coast raising enough to support two people to 'get out there' on Raleigh expeditions with a Raleigh International Bursary Award. Check out the website for details of the next challenge, planned for autumn 2012 – see you there!

Ghana



The Raleigh Ghana society has been working with the Teshie Orphanage in the Greater Accra region to administer screening for all children in the orphanage for hearing, visual and mental disabilities. They partnered the Ghana Education Service - a department of the Special Education Division - for this incredible project.

Singapore



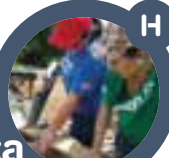
The Raleigh Singapore society joined forces with Raleigh's local partner in India, The Centre for Tribal and Rural Development, to create their own project. Over two years, more than 100 Singaporeans have travelled to India to help build a hospital for the local tribal community which is now up and running with a mixture of volunteers and paid staff.

Bermuda



The Raleigh Bermuda society's expansion - including shiny new offices - means they can now offer a two-year programme to about 30 young Bermudans each year. Their programme includes one-to-one coaching, group social activities and plenty of camping and fresh-air fun, plus workshops to engage parents and other members of the participants' support network. They've revamped their website and launched a new monthly e-newsletter, *The Loop*.

Costa Rica



The Raleigh Costa Rica society is made up of over 120 volunteers and has now been active for three years. They've already undertaken a range of mini-expeditions and community projects such as working with Hogar Siembra, an organisation that provides a refuge for at risk young women, where they built a system of hydroponics to grow lettuce, celery, chives and coriander. This August, the society will be embarking on their first, full, independent Latino expedition!

Malaysia



The Raleigh KL (Kuala Lumpur) society's 'Save our Seahorses' campaign involved volunteers selling roses on Valentine's Day to raise money for their conservation project in the Pulau River Estuary. Monthly activities range from challenging hikes (Gunung Datuk is their latest conquest) to longer projects including the construction of a school for a local community.

Sue Flood speaks out



All images provided by Sue Flood.

You just call out my name, and you know where ever I am, I'll come running to see you again.



Those famous lyrics take Sue Flood back to the last night of her expedition. After 10 weeks in Queensland surveying crown-of-thorns starfish, swimming with potato cod at Cod Hole, caving in Chillagoe, and dealing with leeches on trek, the group reassembled to share stories while listening to James Taylor under the stars. "Of the original group of eight, three of us are still very close – an amazing accomplishment 26 years on!"

The years following her Raleigh expedition have been full of adventure and achievements. Sue has become an award-winning wildlife photographer,

author and filmmaker. Her work has taken her to the Arctic and Antarctic more than 30 times. She worked at the BBC's Natural History Unit for 11 years, and was the Assistant Producer on the award-winning series *Blue Planet*, *Planet Earth* and the DisneyNature movie *Earth*. She recently published her first book *Cold Places*.

Listening to Sue's adventures is captivating. Her repertoire of stories range from being stalked by polar bears on the Arctic sea ice and visiting Ernest Shackleton's cabin with his granddaughter Alexandra, to sipping

champagne with Sir David Attenborough at a reception for Her Majesty The Queen. "I get to do what I dreamt of doing as a child using the qualities and skills I developed by participating in Raleigh," she says over lunch near her home in Cheshire. "If you are working in a small film crew, camping on the sea ice for two months with no shower and no loo, the skills you learn on expedition will save you. Keeping unusual working hours, needing to work together as a team, working in tough environments and the ability to get on with people from all backgrounds were all essential to my professional success."

TRAVEL PHOTO TIPS

Know your kit

Whether you're treating yourself to a new camera for your trip, or using one that you've had for a while, be sure to familiarize yourself with your camera and accessories before leaving home. The beauty of digital means you can try different settings with instant feedback on what they do.

Compose yourself

When we look at a photo, some arrangements are more pleasing to the eye than others. That's the magic of composition! One handy guideline is the 'rule of thirds'. Imagine lines dividing your horizontal and vertical axis into thirds - place your subject at the points where they cross for maximum impact.

Experiment

Look at the picture as a whole: would it look better if you simply moved in closer so they were bigger in the frame? Or if you turned the camera on its side instead of holding it horizontally? Be on the lookout for unusual shots and don't be afraid to experiment.

Go low

It's not always possible, but pictures of animals (or people) often work best when you get down (or up) to the same eye level as your subject. It makes the shot more intimate and appealing; it catches the character of the subject too.

Seize the moment

Always be on the look out for that special moment - whether it's animal behaviour, a person's reaction, or simply great light conditions. Try to anticipate what's going to happen next so that you are ready to capture the action.

Stop, look and listen

Rather than rushing around and trying to cover too much ground, it's often worth waiting in one spot, getting to know the setting or people, and searching for that winning shot.



“I get to do what I dreamt of doing as a child using the qualities and skills I developed on Raleigh.”

Raleigh helped Sue realise that you should follow your dreams. “When I was at school saying I wanted to make wildlife films with Sir David Attenborough I was told that no one gets to do that. It did seem like an impossible dream. But when I went on Raleigh I got to do all sorts of things I never dreamt I would be doing – I suppose Raleigh gave me confidence I needed to try.”

Sue has also taken up Raleigh's Fourth Challenge after returning from expedition. “I realise how fortunate I was to have an experience like Raleigh and I think it is very important to give

back. When I was visiting Uganda, I met a young woman and, one day, I asked her about her dreams. She wanted to study tourism at university. So, I have covered her tuition fees for her Bachelor's degree at Kabale University. It was my way of helping another reach for the stars.”

And with that, Sue was off on another adventure, this time heading up the Amazon with her trusty camera in hand.

You can purchase Sue's book *Cold Places* from www.sueflood.com

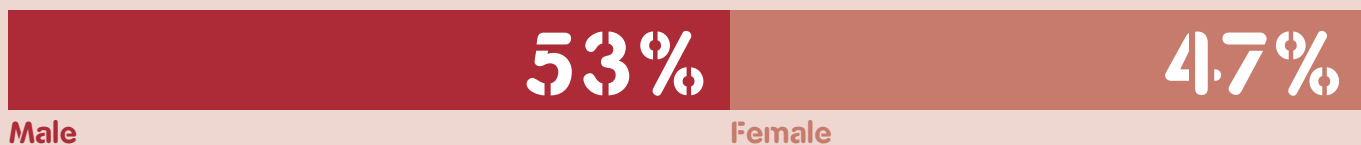


In numbers

Oldest Alumni

Our oldest Alumni was born in 1923.

Gender:

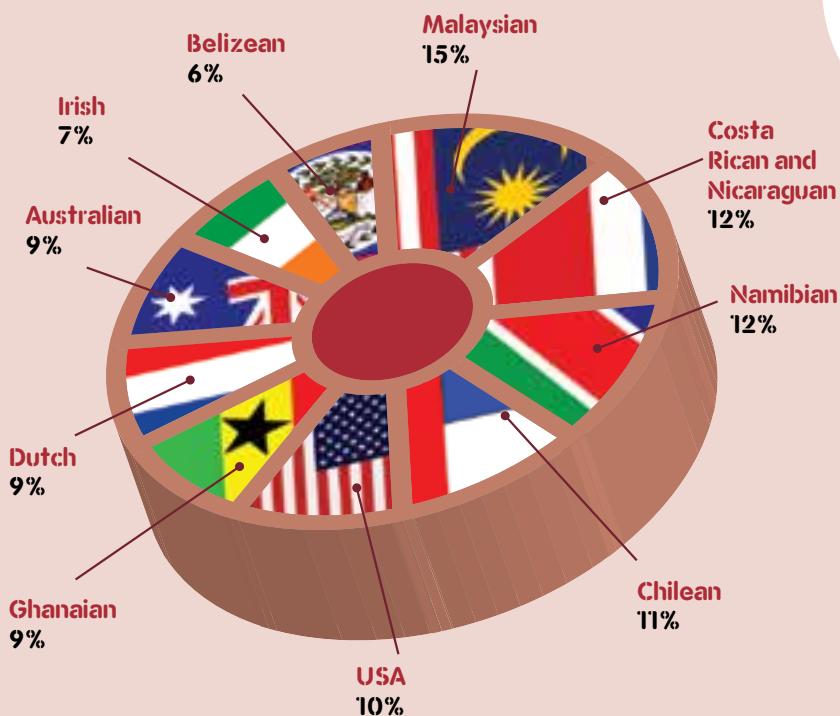


In 2011, you built:

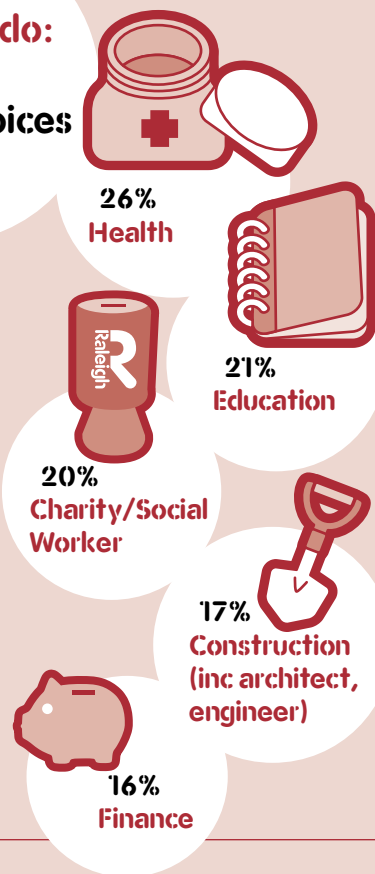


Number of beneficiaries – 10,652

Where you come from: 10 biggest non-UK networks



What you do: Top five career choices



Your stories



Remember this?

Did you build a bridge to the Lucayan National Park on Grand Bahama in 1985? In February 2009, Colonel John Blashford-Snell went back to open the newly renovated bridge to ensure that this vital link to the park remains in use so generations to come can enjoy the natural beauty of the Bahamas.



Get creative

You might have glimpsed Ed Gregory already, who sometimes disguises himself as a Blue Man. This year, he headed back to Borneo for a second stint as a Volunteer Manager. As well as capturing the expedition antics on film as their videographer, Ed has set up an art project in the local community – the new Kota Kinabulu Art Gallery opens in 2012.

Speak up

Henry Adams' (CRN 10F) experiences on expedition inspired him to launch 'No More Traffik', a university campaign against human trafficking. Henry will be at the Alumni Conference to discuss ideas and techniques on how you can use your skills and interests to inspire others to take action on the issues you care about.



Think local

Hal Gilmore (Chile 04A) made the town of Totnes his Fourth Challenge, encouraging the community to start growing their own food and localising their economy. Take a look at the Transition Network website (www.transitionnetwork.org) for inspiration and advice on how to set up your own projects and encourage your community to respond to uncertain times with solutions and optimism.



Take action

After his expedition to Uganda, Nick Johnson (96E) set up his own charity, Pelican Post, which sends books to schools in Africa to help stimulate a culture of reading and learning. He'll be offering tips and advice on how to set up a charity at the Alumni Conference (12th May 2012).



Go wild

Doing good doesn't have to be dull. Sophie Broadbent (CRN 05J) threw a colourful street party in her hometown – a day of food and music which pulled together the local folk and created greater community cohesion.



Be social

Fancy yourself as a social entrepreneur? Or always wondered how a social enterprise operates? After coming back from his expedition, Tom Rippin (Chile 02A) researched and set up his own social enterprise, On Purpose. "Five years ago, I would never have thought that I would end up founding an enterprise... but I managed to combine my consulting experience with making a positive difference in the world." See what Tom achieved at www.onpurpose.uk.com

More Raleigh?

Ready for a new Raleigh challenge? Why not get back out there as a Volunteer Manager on our core expeditions, or as a Leader for our new ICS programme? Visit our website to find out how: www.raleighinternational.org/apply-now

Paul Oginsky talks

I left school at 16 with no qualifications at all, yet I've always felt like I've got something within me - that fire. I was challenging of authority and I don't think school is ready for people like that. Succeeding to get on Raleigh was like being told you had something special. You are the people who are going to make a difference - the future leaders. It was on our flight out in December 1986 that I first met Simon Weston. He'd been in the Falklands War with the Welsh Guards and had been badly burned. He was 23, I was 22. I remember his first words to me: "Oh bloody hell, a Scouser!"

There were about 90 of us at camp and I started to make bonds fast: some of us keep in touch now via Facebook, even though it's been 30 years. The project that was the most significant for me was Break Sea Island, 50 miles off the coast of New Zealand and just a mile square. We flew out on a sea plane, jumped into the water and swam to the island, then walked over the mountains to reach camp. During my three-week stint we were clearing the island of rats to make a bird sanctuary for a rare bird, the Kakapo. When it came to our time to leave I was ill with a stomach bug so we decided that Simon and I would stay behind until I was stronger.

Youth Policy Advisor to PM David Cameron reveals how Raleigh kick-started his career

Alone on the island, we got talking about our histories, his life in the Falklands, my experiences with school. It was an amazing experience, a transformational realisation that there's a whole world out there. We decided that we both wanted to do something to help other people - to set up a charity.

My Fourth Challenge

Back in the UK, Simon and I bashed out our idea on a beer mat. Our pivotal principal was that the biggest influence on young people is other young people. A local YTS scheme let us take a group of 16-year-olds away on a residential for five days. It was tough: on the first night they all climbed out the window and shot off down the pub. We were furious but the next day, we sat down with them to talk and asked what they wanted to do about it. This created quite a shift because these were now their rules, and because they'd made them, they were answerable to them - and if anyone broke them they were answerable to the group. This technique of a group contract is now par-for-the-course, but at that time it was quite revolutionary. Over the next 18 years, Simon and I went on to develop innovative approaches to personal and social development as part of our charity Weston Spirit.

More recently, I set up my own organisation called Personal Development Point and developed my own theories on the process by which we learn from our experiences and become more effective in our decisions and our relationships. I also started working with the government on a programme called National Citizen Service (NCS) which aims to improve the way we help young people make the transition to a meaningful adulthood.

My expedition gave me a sense of belonging that so many people today are missing. It helped me understand that I belonged to something bigger than just Liverpool - and gave me a sense of my place in the world.



"It was like being told you had something special; that you were the people who would make a difference."

We need to make sure that young people feel that they 'belong' - experience of community action, being in touch with people 30 years on - these are such key things. I wonder how many people don't have a single positive relationship in their lives? There's a million of them unemployed at the moment, 72% of all press coverage about them is negative. We've got to correct the 'tags and ASBOs' mentality, and get the message out that young people are important, they are part of us, and they belong with us. I think Raleigh does that really well.

Raleigh was a huge milestone in my story. I'm not saying that I'm a hero, but there's a story called The Hero's Journey that resonates here. I went from being a young lad from Liverpool that failed at school, who had that fire and wanted to change the world but didn't know how, and now here I am advising governments on the biggest personal and social development programme in the world! Raleigh helped me meet my nemesis: my own confidence. The hero always faces a 'do-or-die' situation, which they overcome. And they find that they've changed, and then they bring that change home with them. And it wasn't until I conquered those obstacles that I was able to advise others, like the cabinet office. If you're scared, you're not really going to be able to convince people. You've got to be comfortable in your own skin. That is the essence of the Hero's Journey. In my life, I found that story in NCS, I found it in Weston Spirit, and I find it in Raleigh too.



Some of the biggest changes happen for those young people who have chaotic and difficult lives at home. Raleigh provides extra support and training for young people in the UK and overseas who don't have the family network or resources to go on Raleigh. The evidence is compelling: Briony and Tom's stories show how expedition can transform lives and create brighter futures.



Briony McPherson

I was homeless at 16 years old, on probation and lived in a centre just outside Glasgow. I'd always wanted to do charity work and dreamed of travelling but I could barely afford to feed myself. The opportunity arose when I first met Raleigh's Partnership Officer. We discussed how expeditions worked and right away I knew it was for me.

In my hometown everyone knew me as a criminal or drunk, and that's how I saw myself. I met so many wonderful people on expedition who allowed me to be myself and liked me for it. It made me realise that I'm worth just as much as the next person. I gained confidence and discovered leadership qualities

which I never knew I had. Since doing Raleigh I see the world in a new light. I've gained a Level 1 youth work qualification and I'll be going on to HNC level study next year and then university. I've also been doing peer mentoring which I'm finding really beneficial. I would love to come back as a Project Manager on an expedition in the future, when I've finished my studies.

Raleigh is a life changing experience. It doesn't just finish after expedition - I still speak about it every day. When I'm having a hard day or I feel down I think about all of my experiences on Raleigh and I feel instantly uplifted. Raleigh has changed my life forever.

Tom Leggat

Things were not good at home: I was in care and did some stuff I regret. Eventually I ended up in Crown Court where it looked like I might go to prison. I was terrified. My Youth Worker stepped in and got me probation which gave me the opportunity to do Raleigh.

Trek was the most challenging part for me: at times I felt there was no way I could get through it but I kept on going. I was speechless when I completed it. It made me realise I can achieve things, so now I'm much more positive about my options in life.

On expedition you end up doing things you never dreamed of doing: killing a

chicken for dinner, building your own place to sleep, trekking through jungle. I loved the fact that so many different people of all ages and backgrounds come together on expedition like one big family; everyone is equal.

I am far more independent now. On expedition I got used to getting up early and doing everything that needs doing - cooking, washing up, laundry. That really helped me with living on my own now - I have my own flat and I'm loving it.

I'm back at college doing music and media as well as retaking GCSEs. I am also volunteering for the West Sussex Youth Offending Service and would love to continue to volunteer with Raleigh.



Help change people's lives

Making a regular donation to Raleigh International is a fantastic way to make a lasting difference to the lives of young people. Monthly donations mean we can plan ahead with confidence, making sure we can continue to change lives at home and overseas. A number of Alumni also recognise that leaving a legacy, a donation as part of your will, is a unique way of celebrating their life - by giving a future to others. Raleigh is a charity and your donations count.

For more information please visit www.raleighinternational.org/support-us

Sustainable water supplies

Raleigh secured clean, safe, sustainable drinking water for over 5000 people in 2011. And that is only the beginning...

Worldwide Water

'The world has met the Millennium Development Goal (MDG) target of halving the proportion of people without access to safe drinking water' reported UNICEF and the World Health Organization (WHO) in March this year. Over two billion people gained access to improved drinking water sources, such as piped supplies and protected wells between 1990 and 2010.

This is fantastic news. But there's still a long way to go: 783 million people are still without access to safe drinking water, and billions without sanitation facilities. More than 3000 children a day are still dying from diarrhoeal diseases worldwide.

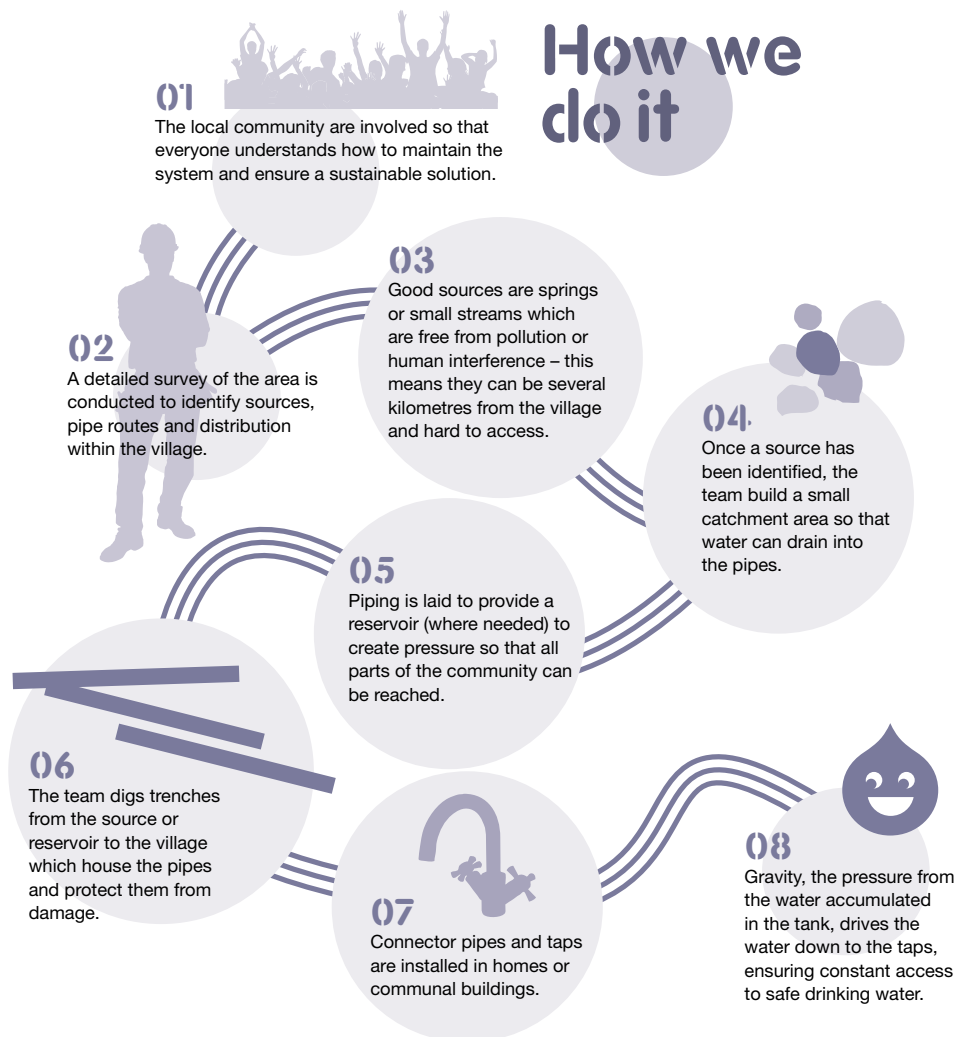
The local picture

There are huge regional disparities in access. Rural communities are five times more likely to lack access to safe water than urban communities. Rainfall is often insufficient to meet the needs of the communities all year round, forcing communities to walk miles in their search for fresh water. Many people resort to polluted water sources: rivers contaminated by untreated sewage or chemicals used in agriculture. Waterborne diseases such as typhoid and cholera have a devastating effect in these remote villages with no access to medical treatment.

What we do?

Access to clean and safe water is a fundamental human right and an absolute priority for Raleigh International. Working in the most marginalised communities, Raleigh installs gravity-fed water systems, a simple, sustainable solution to ensure year-round safe water in these remote, rural environments.

How we do it



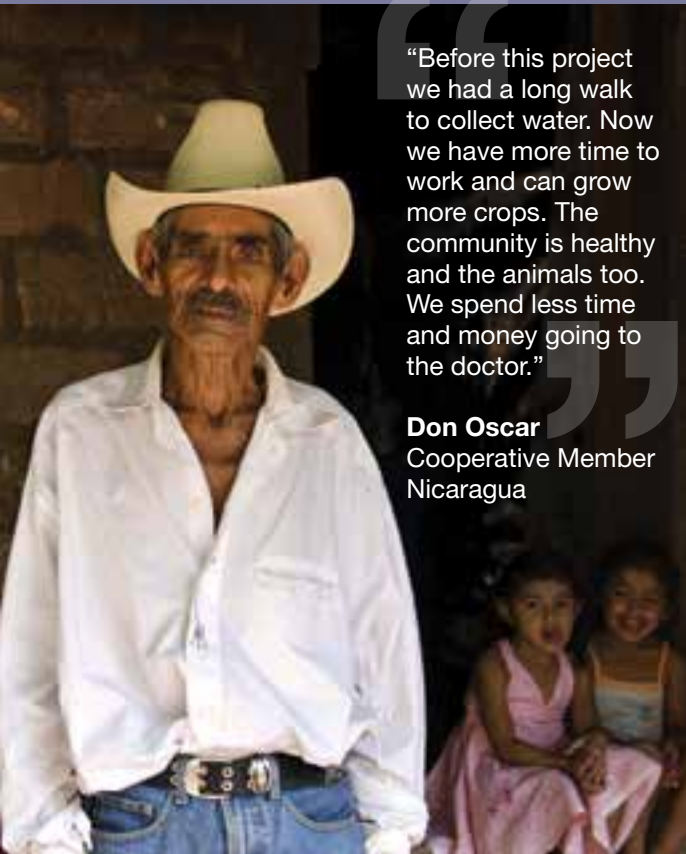
Our Impact

In 2011 Raleigh Borneo implemented eight gravity-fed water systems in remote villages in Sabah, providing safe drinking water for over 600 people. The tangible benefits for the communities are in time saved in collecting water and a reduction of waterborne disease in these villages.

In the Achuapa District of northern Nicaragua, Raleigh completed six water projects in 2011, installing 9 km of water

pipes, eight water holding tanks, providing fresh drinking water to 855 beneficiaries. These projects are part of a five-year project in Achuapa (a district with one of the highest incidence of extreme poverty in the country) to ensure that the members of this area have access to safe drinking water.

In the Nilgiri District of Karnataka, Raleigh India built a gravity-fed water system, 75 eco-sanitation toilets and 56 cess-pit



"Before this project we had a long walk to collect water. Now we have more time to work and can grow more crops. The community is healthy and the animals too. We spend less time and money going to the doctor."

Don Oscar
Cooperative Member
Nicaragua

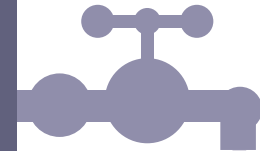
783

**MILLION PEOPLE
DON'T HAVE
ACCESS TO SAFE
WATER**

2.5

**MILLION
PEOPLE
DO NOT HAVE
ACCESS
TO A TOILET**

**3000 children die
a day from
water-
related
diseases**



We need you
to help us
to transform
lives. In one
year...

£5

a month will help
us work with a
community to build
a sustainable
water system

£10

a month will help
us work with
a community to build
a composting
toilet

How to give

Donate online, by post,
by bank transfer, through
your payroll, in your will, as
you shop, as a company.

There are hundreds of
ways to contribute – visit
www.raleighinternational.org/donatenow to find out
how

toilets in 2011, benefiting 655 men, women and children by providing a safe, convenient and private sanitation facility. Indirectly the wider communities (3150 people) benefited from improved ground water and the associated health benefits.

In one year, that's over 5000 people who have fresh drinking water from now on. Simple. Sustainable. Safe.

Clean water is a human right and is essential for life



Raleigh-tionships



Meet your match

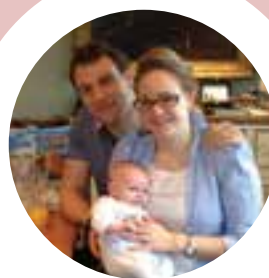
“On Raleigh you meet the same kind of person – those who want to see the world and are open to experiences. It is no walk in the park but you share a pivotal moment in your life together – it was the time of our lives.”
Congratulations to **Petra Barnby** and **Ben Roth** who met on expedition in Chile in 2001. Wedding bells followed and they are now proud parents to baby Greta.

Gifts with impact

When **Joanna Cox-Caramella** (Namibia 92E) and **Arjan Vos** got married, they asked friends and family to donate to Raleigh to fund a playground in Namibia. With the over €2000 they raised, a Raleigh team constructed an amazing place for kids to have fun.



Are you getting married? Don't feel like getting more kitchenware? Get your guests to donate to Raleigh in lieu of wedding gifts! Head to www.raleighinternational.org/support-us to find out how



Dan Coen
and **Gemma Wightman**
(Namibia 03B)



Lawrence Coen and **Natalie Sturges-Durden** (Belize 10B) have three children: Benjamin (7), Amelie (5) and Lucas (2).



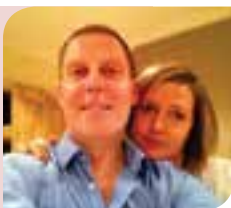
Brandon Charleston and **Mary Louise Earlam** (Ghana 01C) have two children, Dougie and George



Tori Nixon married **David Hewitt** (03J Chile and 04N Fiji) back in 2009. Tori is also known for her role as expedition Staff Coordinator for Raleigh from 2002-2004 and has now returned to Head Office as our Medical Coordinator.



After becoming great friends on expedition, **Doug Nel** and **Georgie Wightman**'s romance blossomed at a party thrown by fellow venturer, Cath Fookes. They married in 2002 and have 3 children, John (6), Phoebe (4), and Eliza (6 months) as well as Winston, the beloved family hound.



Boomerang baby

Antipodean **Rufus Morse** is Raleigh through and through. His parents met on expedition to Chile in 1989. 22 years later, Rufus followed in their bootprints set off for Borneo to join expedition 11K. It looks like a real family affair: “Now both my brothers (aged 8, 15) want to do Raleigh too!”



Did you meet your match on Raleigh? Is your Raleigh baby going on their first expedition? We want to hear from you! Get in touch via the Alumni blog.

Be a catalyst for change

In the UK, we've been training our Alumni to become Global Ambassadors, raising awareness on the global issues they care about. Internationally, we support our societies to continue delivering the Raleigh values, from organising mini-expeditions to supporting community initiatives from Accra to Shanghai.

I joined the UK Global Ambassador network because I wanted to share my experience of Raleigh with others. I wanted to encourage other people to take part and show how they could help make a difference.

The training weekend allowed me to reflect upon my time with Raleigh and discuss how I could use this to have a positive impact on others. Since, I have written a piece for Raleigh's Google Earth project, attended presentations

and co-produced and delivered a presentation on the provision of water in underdeveloped areas.

If you're passionate about Raleigh, why not do a presentation, share your experiences and encourage others to do the same. You will be surprised how much you learnt on project and you will be even more surprised how much others are willing to listen!

Gemma Armes



10 Things you can do now



01. Join

If you do one thing from this whole list do this: visit our website and **update your contact details** so you don't miss out on Raleigh news and opportunities.



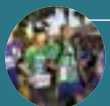
06. Give

Ready to make someone's Raleigh dream a reality? Join the UK Alumni team on our autumn fundraising weekend to **raise money** for the bursary award! Details soon on the Alumni blog.



02. Lead

Missing the longdrop? Still wearing your expedition t-shirt? Using 3-bowls at home? If you are over 25 and up for another hit of expedition energy, why not come back as a **Volunteer Manager** in India, Borneo, Costa Rica, Nicaragua or Tanzania?



04. Share

Raleigh is a charity - your charity! If you have special talents - anything from bricklaying to documentary-making to IT - get in touch with the Alumni team, inspire us with your ideas or offer us some expertise to help us grow. Together we can make a difference.



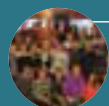
03. Teach

In need of an energiser? We are always looking for Alumni to help us deliver our **training weekends** in the UK for new recruits. We run various events across the UK throughout the year - get in touch to find out how to be involved.



07. Speak

60% of Raleigh participants sign up for an expedition because word of mouth told them about Raleigh - **speak** at an open event, recruitment fair or visit your old school to spread the word.



04. Connect

Bookmark the alumni blog, friend us on Facebook, join the Raleigh International Alumni Group on Linked In, and follow us on Twitter - we love **social networking**!



09. Plan

Know a group of colleagues that want to do a **bespoke expedition** with Raleigh? We can work with you to organise a special programme tailored to your school, company or organisation.



05. Learn

Did you know that your Raleigh experience can count towards a **postgraduate certificate** from Birkbeck? Boost your CV and become an accredited International Field Leader.



10. Celebrate

What was your fourth challenge? Are you a volunteer back home? We want to hear how you have contributed in your own community, and who's lives are changing. Let us know your achievements and your plans so we can cheer you on!

Want to know more?

Speak to a member of the Alumni team on +44 (0) 20 7183 1270 or email us at alumni@raleighinternational.org

Coming up in Autumn 2012...

Return to Africa
Updates from
Fieldbase Tanzania

Alumni interviews,
advice and more
of your stories

Keep in touch



Did you enjoy the magazine? Have ideas for the next edition? Let us know via email or social networks!



Changed address? Changed job?

Update your contact details at www.raleighinternational.org/alumni-contact-details

Changed the world?

Email your ideas, updates and stories to alumni@raleighinternational.org

Raleigh
International



Raleigh International
Prince Consort House
27-29 Albert Embankment
London SE1 7TJ
T: +44 (0) 20 7183 1270
F: +44 (0) 20 7504 8094
www.raleighinternational.org
alumni@raleighinternational.org

